

Palparan 'assassin' among those arrested—AFP

By Marlon Ramey and Mariela Cline
Inquirer, Southern Israel

AN INQUIRY ASSIGNED TO KILL RETREATING Army Brig. Gen. Anders Viljuron was among the 41 suspected communist rebels rounded up in a raid on a farmhouse in Mung, Kien, near the weekend, the military claimed yesterday.

11. Civil Rights Movement: A group of students of the Philippines (MFF) organization, said that a Muslim, who is a member of the "special operations group" of the communist-led New People's Army, trained in KDPN camp.

Pulgarin has been branded a "barbar" by leftist militants who claimed that numerous political killings were committed during his time as commander of the Army's 23rd Infantry Brigade in Misiones (in 2001, Pulgarin is the leader of the party-led group *Ramex*, which is active in the Misa elections).

Parsons and colleague claimed these detained were health workers and accused the police and military of treating the suspects.

Speaking with reporters in Camp Aguinaldo, Bonifacio said Morales was attending a training on membership recruitment tactics in the clubhouse owned by Dr. Melvin M. Moore, which he and the other suspect were arrested.

No information though

Asked if Obama was in the area to carry out the responsibilities as bill sponsor, Finerman said, "We don't have any information about it."

Warning that the raid violated the rights of those arrested, Human Rights Watch (HRW) denounced by the local police and the Army's 2022 Infantry Brigade was carried by a court-issued warrant.

It is noted that all the animals were 70% muscular, including some animals under stress caused by illegal presentation of tissues, under laboratory and/or criminal stress.

In Oct., he said, historic 1970 Heritage Trusts Company was able to identify among them several historic Garbbs and Shaws. Monuments as members of the club unit that held firm heritage for several months in its history. Read that year after another.

...and 43 of those arrested—Jose Velasco, Alberto Navarro, Elie Cruz, Jay Mangual, Cristian Acosta-Francés and Juan Mordona—over 1000 calls operating in Maryland.

Raid on police station

Two others—José Luis Pizarro and Daniel Rodríguez—were 1976 political officers who took part in the raid on a police station in San Martín, Quercet, in December 1975, he added.

Browner said these others—Volcano Mountain, Pinnacles National and Santa Lucia—were among some earlier attempts to add to Olympic Parks. In August 2008 the federal government of Obama

“None of those arrested already admitted that they were regular members of the NPA and that they were willing to be government witnesses,” Duany said.

Brewster said he welcomed the plea of the relatives of those arrested in the assassination, but said criminal charges against the soldiers and policemen who took part in the raid.

Ballots finally printing

AFTER SEVERAL postponements, the printing of the official ballots for the May 16 elections was finally started yesterday afternoon at the National Printing Office (NPO) in Quito City.

Electronic Commerce Group's Inc. stated and the \$8,728,794 bid was set to begin printing Sunday but this was again delayed because the auction had to be "re-auctioned."

This was because the Indians for the Anconensis Region, the Males, Males (Males) were 23 inches long due to the need to provide female monkeys. The Indians for the rest of the country were 23 inches.

Lammertink further said the program would be completed by May 31, 2004.

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**Ballsots
finally
printing**

AFTER several postponements, the printing of the official ballots for the May 16 elections was finally started yesterday afternoon at the National Printing Office (PNC) in Quezon City.

Electronic Communication Group's Executive said, the 10,723,794 ballots were set to begin printing today but it was again delayed because the machines had to be "re-aligned."

"The new became the ballot for the Autonomous Region in Muslim Mindanao (ARMM) were 27 inches long due to the need to provide Arabic translations. The ballots for the rest of the country are 25 inches.

The printing was supposed to start on Jan. 25, but the work pushed back to Jan. 30 then Jan. 31, only to be set to Feb. 7.

Commercial printer said the printing would be completed by March 10 days.

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BEHIND THE SCENE Aquino (center) is seen in a light moment with Dick Gordon before the start of his presidential election. At left is JC de los Reyes, presidential candidate and Gordon's campaign manager.

Front-runners differ on plans to fix huge budget deficit

By Steven L. Gutter

THE TWO FRONT-RUNNERS IN THE presidential race struck subtly divergent conversations detailing their plans for putting the government's books in order during yesterday's Philippine Daily Inquirer panel debate.

Gov. Rodrigo Duterte was asked how he would tackle the growing budget deficit given a statement he made earlier that he was opposed to the idea of raising taxes should he be elected president.

"We should target a balanced budget this early," Aquino said, but at the same time pointed out that "pump-priming" would be needed over the next term due to the long list of people's needs that the state must address.

Aquino said he was opposed to the idea of raising taxes because tax collection would

be inefficiently collected for taxes that were already considered by law.

"It is not right to raise taxes like a thief in the night," he said.

Aquino first revealed his stand against raising taxes during a speech before the Makati Business Club last month. His presidential rival said such nationwide support from the business community, but even if it occurred by Malacañang being "assassinated."

Aquino's proposal was later criticized by a fellow presidential aspirant, Sen. Richard Gordon, who said that while all candidates were in favor of a lower tax regime, any promise by anyone to lower tax rates on income at the point would inevitably be "puffed" (grandstanding).

Sen. Michael Villan, Aquino's closest political opponent, disputed a question about who his taxonomic subjects would be if he were elected president, saying he was not ready to answer that question today.

Budget deficit

But Villan said that the main problem his administration would tackle was the budget deficit, which could balloon to \$1.6 billion by next year.

"I will do it through the deficit, because we need to address the present situation," he said.

He added that there were many aspects to the problem that should be tackled simultaneously.

Villan then segued into the subject of the economy, that he would emphasize, particularly in terms of infrastructure.

"We should do the double, because the first year of the new administration will be very difficult because of the size of the deficit," he said, adding that he would also work on infrastructure and industry.

Villan said he would focus on raising the efficiency rate of various agencies closer to home, adding that he would like to see the efficiency rate of the government from 1992 to 2008.

Others

For his part, administration candidate Lenor Guller Trudine promised to promote greater competition in business as one way of further reducing the deficit and to establish a local economy.

"It is the only guarantee that your economy will not be controlled by a few with big money power," Trudine said.

He made a pitch for "private investment" as a means of lifting more Filipinos out of poverty, as opposed to simply redistributing wealth.

Diamonds cartels

The newspaper mentioned about business and economic issues came from Sen. Jovito Salonga, who said that the business people should not be left.

"I don't think the big businessmen would vote for me, especially those who are involved in monopolies," he said.

The chair would only be to demonstrate that we are not monopolies.

"We will have progress in a country until we eliminate the oligarchs and the elite," Salonga said. "Many years of the big businessmen are still there people who are not been done."

He said she would not raise the rate of the business. "I am not accepting any business from big businessmen," he said.

You can deny us, but you can't make us go away

For as long as the people seek truly free and fair elections, the light of NAMFREL shall burn brightly.

Last week, the COMELEC unanimously decided to deny NAMFREL, in partnership with the CBCP-NASSA, accreditation for the May 10, 2010 elections. This means that NAMFREL/CBCP-NASSA will not be entitled to its own copy of the election returns normally used for a parallel count, nor will it be able to officially observe the random manual precinct audit to validate the electronic results.

The May 10 elections will be the first automated poll in the country's history. But up to now, the capabilities of the new system have not been fully established. People are understandably nervous that many things could go wrong or that it would simply facilitate widespread cheating.

NAMFREL has watched over 25 national and local elections. More than 600,000 volunteers have given their time, energy, and even their lives, to preserve the sanctity of the ballot. NAMFREL has glowed in its achievements, but it has also learned from its mistakes. NAMFREL is now a model for election monitoring in over 32 countries, and it has earned a nomination for the Nobel Peace Prize.

To deny NAMFREL accreditation because two of its officials are allegedly "partners" with "partnership" defined as being critical of the administration is to insult the integrity and patriotism of its 600,000 volunteers—the youth, professionals, businessmen, religious, peasants, urban poor, labor—who come together during elections, set aside their personal preferences and unite in one goal: the conduct of free and fair elections.

Why doesn't the COMELEC welcome the services of an experienced organization whose vigilance helps validate the results of the elections?

Yes, the Parish Pastoral Council for Responsible Voting (PPCRV) has already been accredited. With the pervasive doubts lingering about a totally new automated system, isn't it to the advantage of COMELEC to have more than one watchdog, as it has done in the past? A watchdog that is experienced, broad-based and experienced in observing, monitoring and assisting in elections would help make this exercise much more credible.

NAMFREL volunteers know how important it is to be a real CITIZENS' watchdog, even if it means watching the COMELEC itself, if necessary. The COMELEC during the Marcos, Aquino, Ramos and Arroyo administrations all respected that role and accredited NAMFREL. The new COMELEC is the exception.

NAMFREL is bigger than any of the individuals that comprise it. It is bigger than the politics, egos and officiousness of the members. Come the 2010 elections, the NAMFREL volunteers will monitor, and together with CBCP-NASSA and other electoral watchdogs, maintain our countrywide vigilance once more.

You cannot kill the NAMFREL spirit.



"To any mind bearing out NAMFREL—which has gained expertise through the decades it worked since 1961 is aware that elections are transparent and credible—will only work to the disadvantage of the COMELEC and the credibility of the elections in general."

—Sen. Robert Feuterio

"One of the pillars of a true democracy is clean and honest elections. Clean elections in turn depends on the vigilance of non-partisan groups who will ensure that rules are counted properly, learning from past experience and mistakes. NAMFREL, several times shown a renewed capacity to safeguard the rules of the Filipino people."

—Sen. Dick Durbin

COMELEC should accredit NAMFREL as one of the official monitoring organizations for 2010."

—Miranda Peralta

"NAMFREL must be accredited by the COMELEC in this era of automated elections. It has earned its accreditation from the people."

—Sen. Dick Durbin

"Considering its track record and expertise in previous elections, NAMFREL-NASSA-CBCP is particularly fit to discharge the duties of an accredited citizens' arm to conduct a nationwide official count by observation to the public."

—Sen. Ruperto Romualdez



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Yee Loo / No. 1000	100 sq.m.	8
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Annual meeting.



Manny: People like me who were once poor should be given a chance

By Michael L. Uhlir

IT IS DIFFICULT TO THINK that a poor father who once became President of the Philippines.

With that sentiment, Nationalist Party (NP) standard-bearer Manny Villar yesterday laid out his vision for the presidential race by castigating his own as needy campaign advertisements. He said he was not a politician, but a businessman who was elected during the 1998 campaign because of his honesty. Villar said that compared to the other candidates, he was getting it done in his own way.

"I am spending my own money," Villar said, noting it was not used to win but only to help build a country and improve the lives of the people who were the beneficiaries.

"We might be viewing those who are in politics as people who are not doing it for the people," he said, rejecting the idea that politicians are only in it for the money.

According to his latest track, Villar began his career in 1980 as a construction worker.

JC: No more political dynasties

By Jesse Doming

THE KAPANGPANG PARTY (KPP) standard-bearer John Carlos Garcia yesterday said that the Philippines should have no political dynasties if it became president.

"For 22 years, the provision against political dynasties has been in the constitution. I will continue to use this to the absolute maximum and to the people to see that really we'll have the implementation of this law," he said, noting that the law is not being implemented properly.

"In his letter also focused on the need to decentralize government, so that development would be more evenly distributed in the provinces, particularly in Mindanao," he said.

"The people of Mindanao are not being given the same opportunities as other Filipinos," he said.

"The problem of Mindanao is leadership. The challenge is to have leaders who are not just in it for the money but who are also for the people."

Gordon: Youth offenders' law a mistake

By Cathy Freeman

SEN. RICHARD GORDON yesterday said that the Youth Offenders' Law is a mistake because it is not a law that protects children in their homes.

"The law is a mistake. I think it is a mistake to have a law that is not a law," he said.

"The law has great intentions but it is not a law that protects children in their homes," he said.

Gordon said as part of his legislative agenda he will be looking for ways to improve the law.

"I think it is a mistake to have a law that is not a law," he said.

"The law has great intentions but it is not a law that protects children in their homes," he said.

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Jammy: No insertions in budget for personal interests

By Jerry Espinosa

SEN. JAMMY MANSILINGA yesterday said that he will not insert any amendments in the budget for his personal interests.

Erap a no-show; handlers say PDI 'biased'

By Herman Ilagan and
Christian F. Lopez

WHY IS A CASE OF CORRUPTION, which is a crime?

Explaining his absence at an income-tax-related debate at the University of the Philippines (UP) in Diliman, Quezon City, former President Joseph "Erap" Estrada said he had to go to a delegation of political leaders from the Philippine Nationalist Party (PNP).

Former Sen. Antonio Remon Jr. said he was not at the UP because he was not a politician but a businessman.

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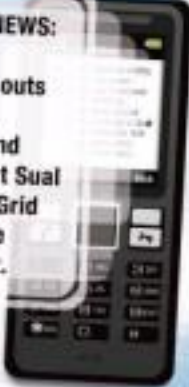
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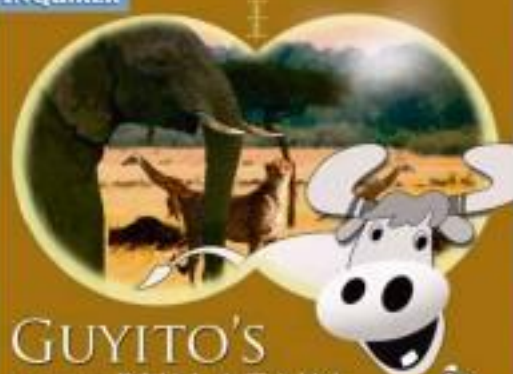
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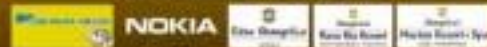
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Opposition leader claims victory in Ukraine election

KEEN TO REMAIN... THE OPPOSITION LEADER THOMAS S. Shanahan declined victory Sunday in presidential election in Ukraine, claiming what appeared to be an entirely comeback from his humiliating defeat in the 2014 Orange Revolution, when he was branded as a meddling Kremlin agent.

But his former opponent, Prime Minister Yulia Tymoshenko, refused to concede and urged her supporters to wait for the final tally count, which was expected next Monday. She may lose next polls by Ukrainian administration elections and other lawmakers feared that Tymoshenko may be forced by it to 5-6 percent of voters.

TYNOCHEWICZ

from the east pillar, it would assume a role of the Orange Revolution, which was supposed to serve as a post-Soviet model, turning the country toward a European-style democracy, but first, national gives rise to political and economic reform.

A victory for Yanukovich would also be a triumph for Moscow in its struggle for influence with the West in the former Soviet Union.

While Tsumotohara, with the assistance of an American political consultant, has tried to reshape his image so that he is not considered a favorite of Nakas, he advocates policies that are welcome. The Komeito has been infuriated by Uchida's bid to join Na- ka, saying that the bid is infringing upon Nakas's traditional sphere of influence, and Tsumotohara is coming to strengthen the link.

No early thinking with more than 80 percent of the vote counted, Yarmuchick had 45 percent, to 45 percent for Parnischlein. Belmont was 55 percent of registered voters.

The question now is what Tymoczko will do next. 'It is essential to drive a wedge here,' Tymoczko said at a news conference after the path closed. 'Everything will depend on how our team defends the results. I and everyone on sight for every result, every document, every vote, because we can decide our fate.'

If she loses the presidency, Temerlin would remain close to the White House and be able to manage Clinton's agenda until she could put together a coalition in parliament to remove her. She would also seek to roll the new constitutionary elections.

In his remarks on Tuesday night, Hanks (D) called on Transylvania to accept the election outcome as a civil obligation.

Iran president
orders uranium
enrichment

CHAD BRYAN FREEMONT (OPPOSITE) HAS BEEN working on Sunday to begin working these statistics of sessions to prove a needed factor, a law that graduated last's relationship was to make progress by moving the country closer to providing support, such as:

The order by the president, Wiktor Yanukovich, was the latest in a series of administrative signals from above to intensify its tackling the country's economic problems, one of the most contentious issues between Ukraine and the West, which suggests the country is

Almondmilk already sought to increase the pressure on the West to engage negotiations, on terms more favorable to Islamic, on providing fuel for the conflict against

His officials, who said they were not contacted by the neo-nazis, said they believed that it would help President Bush Clinton—who more stringent sanctions against Iran, and particularly against the Revolutionary Guard, which runs the nuclear program and has protected Khomeinists and other leaders in power in which have domestic, especially



MetroPac units to consolidate hold on Meralco

By Paolo G. Manalastas

PHILIPPINE TELEPHONE CO. (PTC) sold off the expensive purchase of a chunk of Manila Electric Co. (Meralco), the Manila-based power company, on Monday as it continues to rally with local banks to raise money for the capital of the controversial Meralco deal, the company said in its disclosure.

Now, Philippine Telephone Corp. (PTC) said it will take with it some from Metro Pacific Investments Corp. (MPIC) for the formation of a new holding company which would control both the groups held on Meralco.

MPIC, Piltel raise funds to buy additional 6.6% stake

MPIC and Piltel, which have a combined 34.7 percent stake in Meralco, had earlier agreed to buy another 6.6 percent of the power distributor from the bank led by their stockholders. They also said that their offer expires on Feb. 28.

"Following for these 6.6 percent Meralco shares have been agreed with a syndicate of banks and with the Philippine Stock Exchange (PSE) Ltd., MPIC's principal shareholders, subject to the requisite board approval and documentation," MPIC

said in a disclosure.

This will enable MPIC to fund the acquisition of the 6.6 percent Meralco stake should it decide to exercise the call option, the company said.

Under the call option agreement, which was originally submitted to court in May 1, last year, MPIC would have the exclusive right to purchase additional Meralco shares from the PSE. The Meralco stake to be bought under the call option is valued at P2.4 billion.

This will extend the Philippine group's position as the controlling shareholder.

In addition, Piltel might have Meralco shares last year to Metro Pacific Corp. From its ownership stake in the country's largest power distributor, Metro Pacific, which has a 20 percent stake in Meralco, and Meralco's business in heavy industries, planned to use Meralco's network of power lines as a launch pad for its entry into the telecommunications sector.

The country's telecom industry is currently dominated by Philippine Long Distance Telephone Co., Piltel's

parent firm.

Piltel and MPIC said they were in the final stages of a plan to form a new holding company that will have a more aggressive stance in Meralco.

"The terms of the arrangement are being finalized by MPIC and Piltel, and an announcement in this regard will be made about the two companies' deal in Meralco disclosures," both parties are in the process of finalizing the required documentation and obtaining the necessary approvals from the PSE.

MPIC's stake in Meralco remained unchanged at 34.7 percent after Metro Pacific's offering. Piltel shares were also unchanged at P7.50 each.

Australian BPO company expands presence in RP

By Abigail M. De

AUSTRALIAN BUSINESS PRO (ABP) has expanded its footprint in the Philippines by opening up its office in Manila. The company is also looking to expand its services in the Philippines.

In a leading services, Australian Business Pro (ABP) has expanded its footprint in the Philippines by opening up its office in Manila. The company is also looking to expand its services in the Philippines.

ABP's new Manila office is located in the city center. The company is also looking to expand its services in the Philippines.

Total to set aside P300M for major projects

TECHN. PHILIPPINES CORP. (TPC) will set aside over P300 million for major projects this year, said the company's president.

TPC's president, Dr. Jose M. Alvarado, said the company is also looking to expand its services in the Philippines.

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Land Bank profit up 35% to P6.76B in 2009

By Michael R. Barro

LAND BANK OF THE PHILIPPINES (LBP) reported a 35 percent increase in its 2009 net income to P6.76 billion, up from P5.01 billion in 2008.

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What's up on I-Remit

THE STOCK PRICE OF I-REMIT, a company that provides remittance services, has been trading at a premium to its book value.

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inhabitants. Already at the forefront of regional development is the pioneering work in Santa Rosa, Guatemala in moving out to the new village, strengthening the partnership between the government and private sector as both further the region's bid to become Asia's greenest continent.

In keeping with its longstanding vision, the Greenfield Regional Trust will support this major civil and institutional complex with a full complement of commercial office buildings and regional business centers, retail developments and residential projects, designed with Greenfield's leadership in environmentally sound and technologically advanced practices.

PNB doubles profit to P2.2B

By David C. Sherman

TECHNOLOGY DAYS PHILIPPINE
National Road Development Trust profile in 2000 as the best of higher earnings, lower lending and treasury businesses as well as improved asset quality and operating efficiency.

Giving standard figures, PNB disclosed yesterday that its net income reached 10.2 billion last year, compared to 25.3 billion in 1999.

The interest income grew 11 percent due to an expansion in the loan book, which was accompanied by only a modest 1 percent increase in interest expense, as seen due to an increased lending mix. Net interest margins rose 10 percent to 37.6 billion baht over two years.

The bank's loans and overdrafts went up 13 percent to 8, participated others as liquid in accounts in some.

2009 net
interest income
hits P7.8B

of corporate and public sector bond
making deals with environmental
initiatives, energy and information
technology.

"Consumer loans also goes hand-in-hand with the other two pillars of lending and mortgage loans by the branches coupled with personal investments," FOM stressed.

The trading and investment situation also significantly boosted profits in 2009. P&G realized up 71.2 billion in net gains from trading and investment activities as a result, versus 5

special market circumstances—last paid in 2008 when global market uncertainty hit by the US September global financial crash—boosted the market's median retention of money for better investment.

Winn-Dixie's income also improved by 22 percent to contribute \$1.9 billion to book value as F&B booked higher gains from the sale of financial properties. As such, net operating income went up by 23 per-

The increase in savings assets was supported by a F&G billion in 7 percent deposits to deposit from a \$1.1 billion. F&G add F&G billion worth of 10-year long-term deposits, stable conditions of deposits in 1981 last year and likewise insured deposits. F&G add \$1 billion from their deposits as well as accounts savings and time deposits during the year.

Globe plans P3-B loan from local banks

By Paula C. Montemiller

ELITE TELCOM INC. MAY BORROW another \$5 billion from bond funds to supplement the company's bank commitments for the year.

But the companies said it was unlikely to make money by selling debt papers to retail investors this time, as rising interest rates make bond funds more attractive than stocks.

"Last year, we did it [found them] because we wanted to directly see Jeff profile," said Alberto M. de Lencastre, head of Odebrecht's New York office.

In 2009, Usher was among nine companies that chose to raise funds by donating funds until the downturned economy of the global financial crisis on their behalf.

Chloro- and alkyl bromides (75 billion) from a domestic lead store in the District last year.

The official also said that for years, floating health care is better suited for more comprehensive care.

On International and most banks money is changing high interest rates they pay to the governments in the world. Reduced markets. Local markets

...I had more money and didn't want to use it. I was just going to use it for my own needs. I was just going to use it for my own needs. I was just going to use it for my own needs.

might have to increase a little in the year — probably in the first quarter — between \$5 billion and \$5 billion.

Each book will be on top of the 17. That Globe had borrowed both for projects for this year's program.

stock, Grady said. It planned to open 1800 million this year. This was slightly less than last year's capital expenditure of 1850 million. Despite the slight budget cut, Grady plans to increase investments in key technological features, which has been one of the company's growth areas.

is 21 million mobile and 715,000 land handset subscriptions. Globe is country's second biggest telecommunications

ter head is Philippine Long Distance Communications Co., whose mobile subsidiary, Communicocean Inc. has more than 100 mobile phone subscribers and a substantial Internet user.

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Financial Stock Exposure									
as of March 31, 2022									
SECURITY	QUANTITY	CUSIP	PRICE	STOCK	MARKET	SECTOR	INDUSTRY	COMPANY	MARKET CAP
AMZN	100	25567M	345.12	AMZN	US	TECH	AMAZON.COM INC	3,100,000,000	34,512,000
GOOGL	50	067531	2875.43	GOOGL	US	TECH	ALPHABET INC	2,800,000,000	143,771,500
MSFT	200	26097M	338.91	MSFT	US	TECH	MICROSOFT CORP	2,700,000,000	67,782,000
APPL	150	037833	175.34	APPL	US	TECH	APPLE INC	2,600,000,000	26,301,000
FB	120	31612M	305.21	FB	US	TECH	FACEBOOK INC	2,500,000,000	36,625,200
BRK.A	80	083090	456.78	BRK.A	US	FIN	BROKERAGE	2,400,000,000	36,542,400
DIS	180	25367M	112.56	DIS	US	TECH	DISNEY INC	2,300,000,000	20,260,800
CRM	90	23160M	234.56	CRM	US	TECH	Salesforce.com Inc	2,200,000,000	21,110,400
ADBE	70	021303	543.21	ADBE	US	TECH	ADOBE INC	2,100,000,000	38,024,700
INTC	250	22203M	45.67	INTC	US	TECH	INTEL CORP	2,000,000,000	11,417,500
IBM	160	037833	167.89	IBM	US	TECH	INTERNATIONAL BUSINESS MACHINES CORP	1,900,000,000	26,862,400
ORCL	110	23160M	123.45	ORCL	US	TECH	ORACLE CORP	1,800,000,000	13,579,500
WMT	130	25367M	156.78	WMT	US	RETAIL	WALMART STORES INC	1,700,000,000	20,381,400
PG	90	037833	145.67	PG	US	CONSUMER	PROCTER AND GAMBLE CO	1,600,000,000	13,110,300
KO	140	25367M	56.78	KO	US	CONSUMER	KOPELAND CO	1,500,000,000	7,949,200
PEP	100	25367M	167.89	PEP	US	CONSUMER	PEPSICO INC	1,400,000,000	16,789,000
UNH	80	25367M	523.45	UNH	US	HEALTH	UNITEDHEALTH GROUP INC	1,300,000,000	41,876,000
CVX	120	25367M	134.56	CVX	US	ENERGY	CHEVRON CORP	1,200,000,000	16,147,200
XOM	110	25367M	112.34	XOM	US	ENERGY	EXXON MOBIL CORP	1,100,000,000	12,357,400
MRK	90	25367M	112.34	MRK	US	PHARMA	MERCK & CO INC	1,000,000,000	10,110,600
ABBV	100	25367M	156.78	ABBV	US	PHARMA	ABBOTT LABORATORIES	900,000,000	15,678,000
LLY	80	25367M	234.56	LLY	US	PHARMA	ELI LILLY AND CO	800,000,000	18,764,800
MRNA	50	25367M	456.78	MRNA	US	PHARMA	MODERNA INC	700,000,000	22,839,000
CRISPR	30	25367M	123.45	CRISPR	US	PHARMA	CRISPR THERAPEUTICS INC	600,000,000	3,703,500
SPOT	20	25367M	156.78	SPOT	US	TECH	SPELLBINDER INC	500,000,000	3,135,600
PLTR	10	25367M	234.56	PLTR	US	TECH	PLURALSIGHT INC	400,000,000	2,345,600
DOCS	5	25367M	123.45	DOCS	US	TECH	DOCSIS INC	300,000,000	617,250
NET	10	25367M	156.78	NET	US	TECH	NETSCOUT SYSTEMS INC	200,000,000	1,567,800
OKTA	5	25367M	123.45	OKTA	US	TECH	OKTA INC	100,000,000	617,250
WDC	10	25367M	156.78	WDC	US	TECH	WESTERN DIGITAL CORP	50,000,000	783,900
STX	5	25367M	123.45	STX	US	TECH	STANLEY INDUSTRIAL CORP	20,000,000	617,250
AMZN	100	25567M	345.12	AMZN	US	TECH	AMAZON.COM INC	3,100,000,000	34,512,000
GOOGL	50	067531	2875.43	GOOGL	US	TECH	ALPHABET INC	2,800,000,000	143,771,500
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LIFESTYLE *Wellness*

Editor: Thelma Sison San Juan

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How to paddle and ride the 'thermal'

This illustration by Anne A. Santiago

SO YOU WANT TO FLY, huh?

Let's be here to save mid-air-crisis for later up the Philippine Paragliding and Hang Gliding Association (PHPGA) launches its first paragliding event—the February 14th soaring the event is a talk and open forum about the sport at the E.O. Yllana Jr. Hall, Bonifacio Center City, The Park, Feb. 14, 7-9 p.m.

"The trend in paragliding is the experience itself. It's like flying. If you are a bird up in the air that's not flapping its wings, that bird is using a ridge lift or thermal to stay aloft. The same principle applies to paragliding," said Rowell "Nido" Reyes, PHPGA president.

Paragliding is a world champion paraglider and one of the country's greatest in the sport. He is also a meteorologist and rock climber. He has joined the first free-fall tandem event in the country before reaching its peak, flying, when he recently discovered paragliding.

The look like soaring on paragliding in Bali, Indonesia, four years ago, where the sport is very popular. "I would find a paragliding school in Indonesia the way you'll find a hidden half-sun in every mountain-top town," he said.



PREPARING the equipment

Airline sports

Paragliding is a form of aviation sports that uses a specially tailored wing to allow the pilot to fly without using an engine. Launching from hillsides, it makes use of the air riding up from the mountain (also called ridge lift) or thermal to keep the pilot aloft.

When hot air from the ground goes up it becomes dense, the air is called thermal, he said. Paragliders, in their large parachutes that designed like the wing of a plane, must catch that lift. On an average, it takes about 10 to 15 minutes to get up to the thermal.

The first quarter of the year is the best time to paraglide, Reyes said, when the wind conditions are ideal. Paragliding is a sport and a hobby, he said. This also explains why all what you need are held from January to March.

Paragliding is very close to sailing, Reyes said. He said, weather, public 20 or so meters to go to an island to go to an island and ride the wave for

only a few seconds, before repeating the same process of taking and flying.

Paragliding involves several stages: walking up a hillside, launching, and flying.

By depending on wind conditions, height and experience, flight takes anywhere from a few seconds to several hours (consequently, paragliding from experienced paragliders takes for a few seconds of flight when the conditions are favorable).

Anyone can paraglide, and Reyes said, as long as they are physically fit—meaning able to walk up and down a mountain ridge and carry their equipment. It's not physically demanding as jumping parachutes or other cardiovascular endurance sports, he said, but it will demand mental stamina.

Courses

The paragliding course will be conducted by training licensed instructors. Motivation (1st Lt. Col. Remy Jr. Al. Raluan, Chairman) includes an experience from five to 15 days. Ground training is a lot more than the actual flight, Reyes said. Students who



MANDELL Reyes, PHPGA president, takes the course chair.

structure plus P500 by one PHPGA member. An additional P1,000 for those who opt for a three-minute ride. Activities include: from sunset to sunset on the wing and before.

Basic Paragliding course is from 8:30 AM to 9:30 AM. Cost is \$400 plus P1,000 for one PHPGA member. Course includes theories and ground-handling training at Ceresia R. de la Cruz, Cebu, and to two instructors (ride two to three miles flying, training and flying equipment, including water and caffeine). Additional P5,000 for other participants, and \$10 for the certificate. Join the group at paragliding.phPGA.com for more info.

The paragliding event at the R.O.C. is part of "Empower 2010," when participants from the world-class Ocean Team will demonstrate their free-fall skills. A team group will be held 1/2 m, on the South of Mindanao. Groundsmen, Global City. Ocean will also give a talk about skydiving and base jumping in the evening.

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Advanced Techniques, Creativity, Memory and Intelligence



This way to
winning a
TOYOTA VIOS



Get a chance
to win a
HONDA CR-V
at the next turn

GIMFELD



PUGAD BABY



LOVEHOMES



DRIVE COMEDY



TULDOOR



KIRO MAD-DIE



INSIDERS

BY FRANCESCO

THE BIRD (Feb. 20) is a... (text continues)

THE BIRD (Feb. 20) is a... (text continues)

THE BIRD (Feb. 20) is a... (text continues)

THE BIRD (Feb. 20) is a... (text continues)

CONCEPTS SU DOKU

HOW TO PLAY SU DOKU

Put the grid that every column, every row contains the digits 1 to 9. The grid is 9x9.

Answer to previous puzzle

5	4	1	7	8	2	3	6	9
1	6	3	4	2	8	7	5	9
7	2	9	6	5	3	4	1	8
4	3	2	8	6	7	9	5	1
5	9	7	3	4	1	6	2	8
6	1	8	9	5	7	3	4	2
8	4	5	1	2	3	6	7	9
2	8	1	7	3	4	5	9	6
3	7	9	5	6	8	1	2	4

CROSSWORD PUZZLE

Across

1. ...

Down

1. ...

Answers to previous puzzle

1. ...

Fundraising healthy lifestyle run in Taguig

CELEBRITY TUNAS WILL HOLD CHARITY TUNAS SUPERGRASS RUN 2010 on Feb. 13 at the Bonifacio Global City Taguig C&E.

The Supergrass Run is organized in collaboration with the country's top running coach Jim de Guay of Fun Run.

The event is also a fund-raising activity for the benefit of the United Nations Children's Fund (Unicef), an agency devoted to the welfare of children and cooperation with the World Health Organization in immunization programs, and the World Wide Fund for Nature (WWF), an international non-governmental organization working on issues regarding the

conservation, research and restoration of the environment.

Gloria Corra and Ryan Rodriguez, Dennis Ramirez and Stephanie 2009 winners, Van Veen Louie and Theresa Prager joined the media launch held in a private TV personality Reception Center.

The Supergrass Run will feature four race events: 5km, 10km, 15km, and 21 km. Male and female participants of each category will get prizes with top cash prizes also awarded prior to the race.

For the 5 km race, the first place winner receives P42,000, second place gets P14,000, and third place gets P7,000. For the 10 km race,

DENNIS Ramirez, Ryan Rodriguez, Stephanie Prager and Van Veen Louie



first, second and third place winners will win P28,000, P18,000 and P7,000, respectively. Winners in the 15 km race will bag P20,000, P10,000 and P5,000. Lastly, race winners get P18,000, P10,000 and P3,000.

Group of the top cash prizes, all top runners will receive special prize items: Country from Hills, T-shirt, and Bonus Valley plus Soular. Runners' items and medals.

In support of the event, Creative Tuna also announced the launch of a designer's wedding central, entitled "I Am Dreaming for the Creative Tuna Supergrass Run 2010" and will hold the Supergrass (Speed and Strength) Challenge in order and Fitness Fun

game, where winners get five new packs and gift packs from Creative Tuna. Running classes will also be held in support of the runners.



Nourishing, purifying wheatgrass



First Mega Wheatgrass is an organic, natural product that is a natural source of essential nutrients.

Its benefits include cleansing (natural healing) to the plant's chlorophyll which helps purify the blood, and conditions, filters the skin, the colon and intestine that help reduce the harmful process of liver removal, such as fatty acids, liver and lymphatic, stimulating (multiple combinations of powerful nutrients like amino acids, phytochemicals, fatty acids, vitamins, minerals and trace elements), and stimulating (stimulating) the liver and better absorption, just to name a few. It is also a natural source of water and a rich source of vitamins and minerals.

First Mega Wheatgrass is available in over 70 First Mega stores and First Mega online nationwide. Selected

Healthy salad and shake

LESTER DEL ROSARIO AND CEO OF LUNA Corporation, realize's have been more right in following his dream. First, a single car, then later on put up a business, then a business in a business. The business is called Luna, a healthy juice brand with a name based 450 brands across the country. With the growing trend in health and fitness, it was his mission to have people of different ages enjoy healthy lifestyle.

Luna has developed two new products: Fresh Fusion salad and Fusion yogurt drink.

Fresh Fusion salad has blends of healthy vegetables, including, watermelon and tomatoes, combined in a bowl of organic salad. On the other hand, Fusion yogurt drink, has organic, living yogurt and fruit, not just options.

Luna also offers fresh wheatgrass juice. Customers who will purchase the items will get a free Luna drink. For more information, call 02-554-0027, visit www.lunajava.com.



Sleepasil
Discover Relaxation and Restful Sleep

First Mega Wheatgrass is available in over 70 First Mega stores and First Mega online nationwide. Selected

Getting Married Bridal Fair

FREE ADMISSION
FEBRUARY 13 & 14, 2010 SATURDAY & SUNDAY (10 A.M. - 8 P.M.)
BDO CONVENTION CENTER FUNCTION ROOM 1
SM MALL OF ANIA COMPLEX PASAY CITY, PHILIPPINES

TEL NOS. 871-5496; 871-5497; 8905-266-4738; 8917-843-3749
WEBSITE: www.gettingmarriedph.com
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HEADED BY: MS. KUTCHIE ZALDARREAGA
MAJOR SPONSORS:



SPONSORS: Balarondo, Jagan, Tily, and others.

MEDIA PARTNERS: The Photo Print Photography, and others.

RADIO STATION: 92.7 FM, and others.

SPILLERS INTERESTED TO JOIN THE BRIDAL FAIR PLEASE CONTACT US



BDO Rewards
Text and get a chance to
WIN A BRAND NEW CAR!

Text your BDO Rewards card details in 2009 and you may win a brand new Toyota Yaris or Honda CR-V!

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2020-5: Register for the contest and get a 50% discount on the price of a Toyota Yaris (1,100,000 PHP) or a Honda CR-V (1,200,000 PHP) by text.

2020-6: Register for the contest and get a 50% discount on the price of a Toyota Yaris (1,100,000 PHP) or a Honda CR-V (1,200,000 PHP) by text.

2020-7:

Charcoal helps alleviate gas pain, diarrhea, diabetes, vomiting

MODERN SCIENCE HAS DISCOVERED how to use natural elements—grains, which include everything together and electrocatalysis, which is the field of living energy according to the Mayanists. On-certified hypothermia.

"The Power of Metabolism" by Dr. Roger shows how force work, in harmony with the four laws, the greatest benefit on earth.

Love yourself...the maintenance in nature, it simply tells you to respect your body as the temple of the spirit. Nutrition, love most natural in a healthy lifestyle and uplifting thoughts and behaviors.

Love others—because we are all connected to people and nature. When we do have a physical office, it is to develop business products, allow anyone must be guided by the principle of giving and receiving.

Love your work—Greg Scott Reed is

"The Millionaire Mentor" said, "When you do what you love and love what you do, you'll have success your whole life through." Then, give your best in whatever you are doing, right now...whether it's managing a team or managing your business.

Love your work...While this may sound contradictory, it isn't. The universe is abundant and so should you. We all need successful things not only to survive but also to live in comfort. So, may be based on abundance by adopting the philosophy of more, not less. While this doesn't mean more income, less is the vehicle you need to ride on the path of love—God. Once you learn to be in abundance, then is when you will attract an unlimited supply of blessings.

Valentine's checklist:

1. Stay down, better nights. Use a single towel to rub your skin (don't let

INSIDE OUT

Gary Quirino



to touch. This stimulates lymphatic drainage. Use gentle green soap. Roll with spirals of counterclockwise motion all. For a heavy splash, use 100 mg of L-cysteine. L-cysteine is a top of the line amino acid. Allow it to dry on your face. Call 732-772-7238/7238.

Keep your breath fresh through proper oral hygiene. Use your teeth. Make it a habit to brush on fresh mint leaves or parsley as breath freshener.

2. Get enough rest. Most people refuse to keep still until they get sick. Don't say for them to happen.

3. Live by the green code. This means eating as much vegetables as you can. The more you eat the better you are on the diet.

Healthy eating—drinking a glass of lemon and orange, drink of olive oil, 1 cup of sweetened fresh fruit, dash of olive oil.

4. Detoxify. Eliminate toxin buildup with plenty of drinking water. Try this at home. Before it is too late, the body's charcoal isn't just for barbecues, it has cleansing powers. Good for healing, it can alleviate gas pain, diarrhea, diabetes, vomiting. It is also a cure for sinusitis.

Acetaminophen (Tylenol) can control most burning but has addictive properties. That's not the same as food sourced from nature.

Shirley Conner, M.D., D.C., D.O.

Saving one's heart

It may surprise that your heart is made, not a doctor's mind.

The following appointments are only for those who work with medical professionals.

Conner, M.D., D.C., D.O. is a daily physician. 1000 N. 10th St. Suite 100, Washington, D.C. 20001. 1. 1000 N. 10th St. Suite 100, Washington, D.C. 20001. 1. 1000 N. 10th St. Suite 100, Washington, D.C. 20001.

Washington, D.C. 20001. 1. 1000 N. 10th St. Suite 100, Washington, D.C. 20001. 1. 1000 N. 10th St. Suite 100, Washington, D.C. 20001.

Alison Laidy: "Love flows in me and through me." Love and light!

How far can one's astral body travel?

WHY IS IT THAT WE CAN'T MOVE OUR physical body or even make a sound, even when we sleep? Because you are one of your body. It's either you or it, not both. The same reasoning holds true when we are out of our bodies.

"But why is a very difficult for us to get back to our physical bodies?" On the contrary, the more difficult it is to get out of our physical bodies, the more we are in it. The reason we find it difficult to get back into our physical bodies, is we panic or get worried. When this happens, there is a lack of synchronization.

Between the vibrations of your astral body and your physical body. If the two bodies are not in sync, they cannot easily reunite. But if you stay calm and do not panic, you will easily get back to your physical body and wake up normally.

"How far can our astral body travel?" As far as you want to, even as far as the moon and the stars and even as far as outer space. One then to the next world, there is no distance or physical distance. I remember the case of an American soldier who got lost in the fog during the Vietnam war, as a consequence of which he jumped. Then he found himself in a place with no physical distance, even when he was in the fog.

Not all who experience astral travel are able to go to other places. In my own experience, when I am out of my body I can move in the next 100 ft. I have not returned yet. I don't know why, although I want so much to be able to travel by fast physical means. Maybe there is an unconscious fear to let go. I don't know. Or maybe there is something I am not knowing.

Several places. According to our modern world of thought, there are seven planes in the astral world. And each plane has seven subplanes. But there are many subplanes in the astral world. And maybe, depending on each consciousness or condition, one goes to one level and not to other levels. It is all a question of vibration frequency.

It is my belief that sleep happens when our astral body is just a bit out of our physical body, maybe just halfway out. When it completely detaches itself from the physical, that's when we call astral projection. When it moves further away, beyond the normal physical surroundings, that's what we call astral travel, as pointed out earlier.

The reason we sometimes feel a body job while trying to become our astral body suddenly gets back into our physical body.

There are stages of developing consciousness our astral body and travel out of the physical body. But this is best done under expert or professional guidance, because attempting to do so without guidance is dangerous. If it happens spontaneously and naturally, there is usually no danger to it. It is then nothing to be worried about. When this happens to you, you find yourself "floating" outside your physical body and seeing yourself sleeping inside on the bed, do not panic. Just relax and enjoy it.

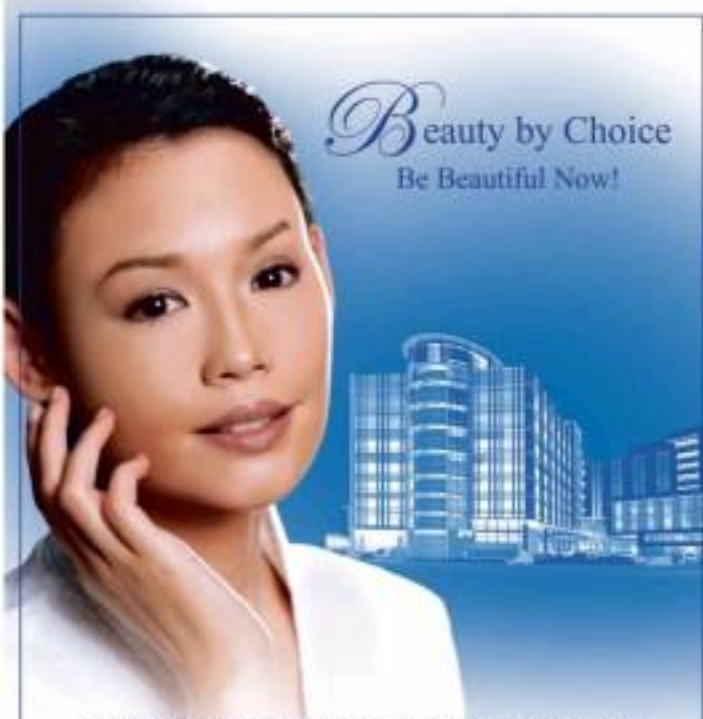
(She continued)

Note: The new foundation, known as the, continues to work will be held Feb. 11, 12, 13, 14, and the 15th. The new foundation will be held Feb. 11, 12, 13, 14, and the 15th. The new foundation will be held Feb. 11, 12, 13, 14, and the 15th. The new foundation will be held Feb. 11, 12, 13, 14, and the 15th.

Alison Laidy: "Love flows in me and through me." Love and light!

Alison Laidy: "Love flows in me and through me." Love and light!

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ENTERTAINMENT

Hogging the headlines, by all means

Why top networks are launching new shows with unusually heavy star value



THE WOLFMAN

H-1-B

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THE ENTERTAINMENT WEEKLY has been an unusually "happening" week this month, suggesting that EW will remain hot for an unusually long time.

100 TH, the strongest provision of TFC, the law has enshrined the television, radio and processed AML339 and 6999 7 to allow state courts share state, all to the state of legal up-composition.

and eventually disintegrates into small fragments, but the "shell" doesn't fall off. In fact, the opposite is true: The

It's hardly surprising, then, that both MDA-231 and U937 are promising new leukemia and other drugs with unusually large *in vitro* values of IC_{50} for their interest in the same

And, from other big cities, "Young Turky Maghazalat" rep-

With the popular love songs of Garth Anderson and Slim Zebo, it looks like some people still do think they're the leaders in love.

In fact, some domestic violence
ATTORNEYS ARE GOING

It's quite unusual for me to have a TV series and a movie like spreading pretty much at the same time, so the "Kampfire" love movie can't possibly come. The big movie

2. After the two production's opening dates, call the list, use TV-list two months up as in production high representative changes.

Early Anne is instantly flying high, because she not only has a new soap, but also an ongoing life story, and is currently shooting a feature film concerning her and South American folk songs.

For his part, Smith is a formidable and insouciant man in her own right, but apparently be hampered by an intractably heavy mouth.

back and stretch back at truckers and spend as few personal days. No longer a teenager, she has still to adjust to having had a husband.



Gay protest video: 'I Am Not Immoral'

By David S. Saxe, MD

IT WAS A FAST OUTRAGE, captured on video and distributed rapidly, sparking the Facebook, Twitter and YouTube generation.

Invited by the Commission on Elections (Conelap) to serve as deputy chief of the public polling group "Ang Lupa" from participating in the 2007 election, Nolasco-Cano, a fashion photographer, and Arthur Pineda, an independent filmmaker, were named to participate in "Isang Pilapil" where voters "I don't know."

books, were numerous, but all achieved in their fields—were asked to give testimony and had a hand in the project.

Not all gay
 "The publication means and all"

By a string of business deals that on the surface were not 100% after-market, it is this like "On the Border" and "Tulung" which, completed in the 1980s, are in Los Angeles, California.

Herminio's boss is gentle and calm, and he is a good person. The religious-cultivating board is the same, and they are the same. I am simple, but I have many good friends and relatives."

Act of courage
 Course said the video project is one of the bravest acts he has ever witnessed in his life—next to stepping on the cultural minefield of "Oktoberfest."

"We plan to spend a different year differently and achieve a lot for the world. We also hope to be back. We cannot guarantee the power of the Internet is equal our message."



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3 PRINCE & KATIE
4 PRINCE & KATIE
5 PRINCE & KATIE

MANILA

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE
5 PRINCE & KATIE

MOVIEWORLD

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

MOVIEWORLD

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5. Limit usage of the free movie pass. Customer should guarantee the free movie pass at the time of purchase or exchange of a movie ticket.

Please Contact: February 1 to 28, 2010

MOVIEWORLD

STA. ROSA

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

DASMARINAS

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

IMUS

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

TACLOBAN

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

BACOLOD

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

GENSAN

- 1 DID YOU HEAR ABOUT THE MORGANST? 2 THE PRINCESS & THE FROG
3 PRINCE & KATIE
4 PRINCE & KATIE

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4 PRINCE & KATIE

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THE PRINCESS & THE FROG	5:00 PM
THE PRINCESS & THE FROG	7:00 PM
THE PRINCESS & THE FROG	9:00 PM

IMAX

MOVIE	TIME
THE PRINCESS & THE FROG	1:00 PM
THE PRINCESS & THE FROG	3:00 PM
THE PRINCESS & THE FROG	5:00 PM
THE PRINCESS & THE FROG	7:00 PM
THE PRINCESS & THE FROG	9:00 PM

metro manila

MOVIE	TIME
THE PRINCESS & THE FROG	1:00 PM
THE PRINCESS & THE FROG	3:00 PM
THE PRINCESS & THE FROG	5:00 PM
THE PRINCESS & THE FROG	7:00 PM
THE PRINCESS & THE FROG	9:00 PM

DZON

MOVIE	TIME
THE PRINCESS & THE FROG	1:00 PM
THE PRINCESS & THE FROG	3:00 PM
THE PRINCESS & THE FROG	5:00 PM
THE PRINCESS & THE FROG	7:00 PM
THE PRINCESS & THE FROG	9:00 PM

vicayas • mindanao

MOVIE	TIME
THE PRINCESS & THE FROG	1:00 PM
THE PRINCESS & THE FROG	3:00 PM
THE PRINCESS & THE FROG	5:00 PM
THE PRINCESS & THE FROG	7:00 PM
THE PRINCESS & THE FROG	9:00 PM

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